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DIBBLE NEWS

Holiday Order Notice - Order Early to Avoid Delays!

Due to the holiday season, there may be significant delays in the shipping process. The Dibble team is committed to processing and shipping your materials as soon as possible. Please place orders for your training or class materials well in advance to ensure your packages arrive in time.

[Shop now...](#)

THE LATEST



Relationship Education for Youth Who Have Faced Adversity

Offering extra support on developing healthy relationships is particularly important for youth who have faced interpersonal trauma and adversity; these experiences may place young people at increased risk for poor relational and other outcomes. This annotated bibliography provides practitioners and researchers with information to adapt, develop, and refine strategies for working with youth who have faced adversity.

[Read more...](#)

Newsweek

Bridging America's Growing Divide

Interest in marrying climbed modestly, by 2 percentage points overall, since the pandemic hit last year. But this interest varied across the lines that most deeply divide America today. The rich, the religious and Republicans reported the greatest overall

increase in the "desire to marry" while the poor, secular Americans and Democrats reported less or no increase in marriage interest, according to a [new YouGov survey](#) of men and women aged 18-55 by the Institute for Family Studies (IFS) and the Wheatley Institution.

[Read more...](#)



Helping Couples Achieve Relationship Success

This article reviews 34 rigorous evaluation studies of couple relationship education (CRE) programs from 2010 to 2019. Significant advances include reaching more diverse and disadvantaged target populations with positive intervention effects on a wider range of outcomes beyond relationship quality, including physical and mental health, coparenting, and even child well-being, and evidence that high-risk couples often benefit the most. Ongoing challenges include expanding our understanding of program moderators and change mechanisms, attending to emerging everyday issues facing couples (e.g., healthy breaking ups, long-distance relationships) and gaining increased institutional support for CRE.

[Read more...](#)

NEWS YOU CAN USE



Teaching Social-Emotional Skills is Hard, Time-Consuming, and Necessary

Helping students grow their social and emotional skills has become a big part of school counselors' jobs, particularly given the impact of the pandemic on student mental

health and behavioral issues. But it's also time-consuming, difficult work, and counselors need more support and resources, according to a report released this week by ACT and the American School Counselors Association, based on a survey done last year of counselors and district officials.

(Editor's Note: [Mind Matters](#) can be a resource for counselors and teachers who need more resources for their social-emotional programming.)

[Read more...](#)



Couples Who Meet on Dating Apps More Likely to Divorce Early

Does it really matter how you meet your spouse? According to a [new U.K. study](#), it might. Titled "Relative Strangers: The Importance of Social Capital for Marriage," the study found that 12% of couples who meet online get divorced within the first three years of marriage compared to 2% of couples who meet through friends or family. After seven years, those statistics increase to 17% and 10% respectively.

[Read more...](#)

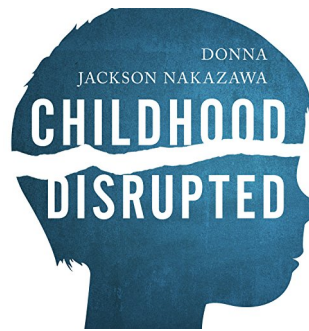


Re-Thinking Stepfathers' Contributions

Using data from a contemporary cohort of 5000 children born in nonmarital births, researchers from Princeton University explore the relationships between stepfathers' closeness and active engagement and youth's internalizing and externalizing behaviors and school connectedness. The research team found that the emotional tenor of the relationship and level of active engagement between youth and their stepfathers are associated with reduced internalizing behaviors and higher school connectedness. Stepfathers' roles seem to have evolved in ways that are more beneficial to their adolescent stepchildren than was previously the case.

[Read more...](#)

TOOLS YOU CAN USE



Parenting to Prevent and Heal ACEs

This handout is based on the work of Donna Jackson Nakazawa who paraphrased content from her book, *Childhood Disrupted: How Your Biography Becomes Your Biology & How You Can Heal*. Her book specifically addresses those who parent with ACEs. This handout gives practical tips for parents in that same position.

[Read more...](#)



Teaching Teens They Matter Builds Resilience

The question driving adolescence is “Who am I?” To ensure our teens lead rich adult lives we want the answer to be: “I am somebody who matters. Someone who makes a difference.” Knowing they can make meaningful contributions is one of the essential building blocks of resilience. Young people who understand they can and should serve others and their communities are also contributing to their own healthy development.

[Read more...](#)

Six Habits of Highly Grateful People

Gratitude (and its sibling, appreciation) is the mental tool we use to remind ourselves of the good stuff. It's a lens that helps us to see the things that don't make it onto our lists of problems to be solved. It's a spotlight that we shine on the people who give us the good things in life. Gratitude doesn't make problems and threats disappear, but research shows that our chances of psychologically surviving hard times and chances of being happier in good times increase with gratitude.

[Read more...](#)

WEBINAR



December 8, 2021

Introducing Me & My Emotions: Supporting Teens' Mental Wellness

In response to the multiple stresses on teens from COVID, The Dibble Institute is pleased to announce its latest project, [Me & My Emotions](#), a fun, free, interactive website for teens.

[Me & My Emotions](#) is designed to support teens' social-emotional learning while increasing their resilience. With engaging graphics and bite-sized lessons plus awards and points, [Me & My Emotions](#) invites teens to slow down and check in with themselves as they learn skills from [Mind Matters: Overcoming Adversity and Building Resilience](#).

Join Kay Reed to explore the [research](#) from the ArtCenter College of Design that helped create Me & My Emotions and enjoy a guided tour of the website.

Objectives: Webinar participants will understand:

1. Who Me & My Emotions will benefit and ways to promote it
2. How the website is organized and what content is covered
3. How Me & My Emotions can support teens individually as well as in classrooms and youth organizations

Presenters:

Kay Reed, Executive Director, The Dibble Institute

JoAnne Eason, National Outreach Coordinator, The Dibble Institute

Audrey Murty, Dibble Fellow, Art Center College of Design

Who should attend: Educators, facilitators, counselors, group home staff, schools and agencies using ESSER funds, Social and Emotional Learning coordinators, program managers, and anyone working with teens.

When: *Wednesday, December 8, 2021, 4:00 pm Eastern/1:00 pm Pacific*

Duration: 60 minutes

Cost: Free!

[Register Now >](#)

FUNDING STREAMS



Funds for Initiatives to Aid the Underserved in Six States

The CareSource Foundation supports programs that improve health outcomes and conditions for low-income, underserved populations in the communities the company serves in Arkansas, Georgia, Indiana, Kentucky, Ohio, and West Virginia. The Foundation provides Community Grants to nonprofit organizations that address one or more of the following areas: 1) health education, disease management, and **prevention programs**; 2) programs that promote healthy births and **enable vulnerable newborns, children, and parents to thrive**; 3) programs that help rebuild healthy neighborhoods, reduce health inequities, and create economic opportunity for vulnerable populations; and 4) education programs that prepare the next generation of professionals, and foster a high-quality, diverse workforce. Applications for Community Grants may be submitted at any time and are reviewed on an on-going basis.

[Learn more...](#)



Grants Strengthen Programs for Incarcerated Individuals

The mission of the Bob Barker Company Foundation is to develop and support programs that help incarcerated individuals successfully reenter society and stay out for life. The Foundation supports organizations throughout the U.S. that work with the incarcerated community in order to prepare them physically, spiritually, and **emotionally** for successful reentry into society. Applying organizations must work with a minimum of 100 incarcerated or formerly incarcerated individuals each year. Grants ranging from \$5,000 to \$25,000 are provided to nonprofit organizations, government agencies, and educational institutions. Online letters of inquiry may be submitted throughout the year.

[Learn more...](#)



Grants to Support New Investigators in Conducting Research Related to Preventing Interpersonal Violence Impacting Children and Youth

Deadline: January 4, 2022

The purpose of the Centers for Disease Control and Prevention National Center for Injury Prevention and Control (NCIPC) Mentored Research Scientist Development Award (K01) is to provide support for an intensive, supervised (mentored) career development experience in violence prevention research leading to research independence. NCIPC supports K01 grants to help ensure the availability of an adequate number of trained scientists to address critical public health research questions to prevent violence and injury. Applicants must propose a research project

that addresses at least one of the research priorities in the interpersonal violence prevention section of the NCIPC Research Priorities as they relate to violence impacting children or youth (from birth through age 17). These research priorities include: Cross-cutting violence prevention Child abuse and neglect Youth violence Intimate partner violence (teen dating violence) Sexual violence.

[Learn more...](#)

FORECASTED



Research Grants for Preventing Violence and Violence Related Injury

Estimated Post Date: January 14, 2022

The Centers for Disease Control and Prevention's National Center for Injury Prevention and Control (NCIPC) is soliciting investigator-initiated research that will help expand and advance our understanding about **what works to prevent violence that impacts children and youth**, collectively referred to as Adverse Childhood Experiences (ACEs), and what works to effectively implement ACEs prevention strategies. This initiative is intended to support evaluation and implementation research studies on primary prevention programs, practices or policies with universal or selected (i.e., have one or more risk factors that place them at heightened risk for violence) populations. Funds are available to conduct such studies focused on preventing child abuse and neglect and at least one other form of violence affecting children and youth, including teen dating violence, sexual violence, youth violence, and exposure to adult intimate partner violence.

[Learn more...](#)



Targeting Priority Populations and Areas with Replication of Effective Programs for Teen Pregnancy Prevention

Estimated Post Date: January 14, 2022

The Office of Population Affairs (OPA) anticipates the availability of FY2022 funds to support cooperative agreements for eligible entities to replicate programs that have been proven effective through rigorous evaluation to reduce teenage pregnancy, behavioral risk factors underlying teenage pregnancy, or other associated risk factors. Anticipated funds will be used to target specific populations and/or priority areas with effective programs and supports to complement and enhance replication of effective programs in order to have the greatest impact on reducing teen pregnancy and sexually transmitted infections (STIs).

[Learn more...](#)



Teen Pregnancy Prevention Research Grants

Estimated Post Date: January 14, 2022

OPA anticipates the availability of funding for Teen Pregnancy Prevention (TPP) research projects and research-to-practice translation centers. The grants will make significant contributions to the teenage pregnancy prevention field by resulting in improved curricula development and delivery strategies, reduction of disparities among participants, and better data collection and analysis related to program effectiveness. The research grants will primarily consist of secondary data analyses or small research projects to explore new questions in teenage pregnancy prevention that improve the efficiency, effectiveness, and quality of pregnancy prevention programs for adolescents or young adults, and/or reduce disparities, by age, gender, race/ethnicity, or setting. The research-to-practice translation centers will synthesize and translate existing research into practice for health promotion and development of positive assets that will lead to adoption of healthy behaviors and ultimately help to reduce teen pregnancy. The centers are expected to evaluate or assess the research, best practices, approaches, or strategies in a priority protective factor area and make that information easily accessible to health providers, caregivers and others working with youth to prevent teen pregnancy.

[Learn more...](#)